



One-Pan Ranch Chicken



1/2 of recipe: 297 calories, 10g total fat (5g sat. fat), 629mg sodium, 17g carbs, 3.5g fiber, 8.5g sugars, 32g protein

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Prep: 5 minutes **Cook:** 10 minutes

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Ingredients

- 8 oz. raw boneless skinless chicken breast, cut into bite-sized pieces
- 1 dash salt
- 1 dash black pepper
- 1 1/2 cups frozen riced cauliflower
- 1 cup frozen petite mixed vegetables
- 1/4 cup light sour cream
- 3 tbsp. light/reduced-fat cream cheese
- 1 tbsp. ranch dressing/dip seasoning mix

Directions

Bring a skillet sprayed with nonstick spray to medium-high heat. Add chicken, and season with salt and pepper. Cook and stir until browned, about 3 minutes.

Reduce heat to medium. Add cauliflower and mixed veggies. Mix well. Cover and cook for 4 minutes.

Add sour cream, cream cheese, and ranch seasoning mix. Cook and stir until chicken is fully cooked and entire dish is hot and well mixed, about 2 minutes.

MAKES 2 SERVINGS

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